

**Seldom Heard  
Lesbian, gay, bisexual and/or  
transgender people  
Within palliative care**



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# Objectives of the Session

- **Increase an awareness of LGBT people**
- **Summaries some of the key issues the LGBT people may face at end of life**
- **What can we do as Health Care Professionals**

# Terminology

**LGBT – Lesbian, Gay , Bisexual and Trans**

**Lesbian:** A woman whose sexual and emotional attraction is towards women

**Gay:** A man whose sexual and emotional attraction is towards men

**Bisexual:** Generally refers to having attraction to more than one gender

**Trans:** Is someone whose gender differs from the one they were given when they were born.

# Research

London School of Economics and Political Science (LSE)  
*Equity in provision of palliative care in the UK (April 2015)*

Kings College London, led by the Cicely Saunders  
Institute *Reality end of life care, lgbt people (2016)*

Kings College London, Richard Harding, et al. *Needs, Experiences, and Preferences of Sexual Minorities for End of Life Care and Palliative Care:*

# UK legal changes over the last 50 years

- 1967:** Sexual Offences Act – decriminalised homosexual acts between two men, both over 21 in private
- 1988:** Section 28 of the Local Government Act
- 1989:** Stonewall UK set up to oppose Section 28 and other barriers to equality
- 2000:** Restrictions on gay men/women in armed services lifted
- 2001:** The last two pieces of unequal law changed: lowering age of consent to 16; consensual group sex for gay men decriminalised

# UK legal changes over the last 50 years

**2002:** Same-sex adoption

**2004:** Civil partnership act

**2004:** The Gender Recognition Act

**2007:** The Equality Act Regulations

**2010:** Equality Act makes discrimination against lesbian women/gay men in provision of goods/services illegal.

**2014:** Same-sex marriage



Gender Recognition Act 2004



# Impact of Stigma on LGBT

What comes into your mind when you think about the challenges LGBT people have had to face in their lives, and how might this manifest itself?

# Impact of Stigma

**8 times more likely to attempt suicide**

**6 times more reported levels of depression**

**3 times likely to use illegal drugs**

**3 times likely to be higher risk for HIV and STD**



# Some of the key issues at end of life

- Anticipating discrimination
- Complexities of religion and LGBT
- Assumptions about identity
- Varied support network
- Unsupported grief and bereavement
- Pressure on LGBT carers



# Case Studies

## Video

<https://www.youtube.com/watch?v=yjSgSZ1MONY&sns=em>

Martha's Story

# What can we do as HCP?

- Further education
- Promoting equality and diversity
- Ask the question 'who are the most important people in your life'
- Marketing
- Information for diverse groups
- Clear policies on confidentiality
- Being respectful of life choices and preferences

# References

Almack, K (2012) End of life care: the experiences and needs of lesbian, gay and bisexual and trans (LGBT) elders. Funded through Marie Curie Cancer Care Research Programme.

University of Nottingham

CQC (2016) Lesbian, gay, bisexual or transgender people: a different ending, addressing inequalities in end of life care

National End of Life Programme (2012) Improving end of life care: The route to success in end of life care – achieving quality for lesbian, gay, bisexual and transgender people

Harding, R et al (2012) *Journal of Palliative Medicine*: 15(5): 602-611 Needs, Experiences, and Preferences of Sexual Minorities for End of Life Care and Palliative Care: A Systematic Review

London School of Economics and Political Science (LSE), *Equity in provision of palliative care in the UK* (April 2015)

<https://www.gmjjournal.co.uk/healthcare-professionals-must-address-discrimination-to-improve-care-for-terminally-ill-LGBT-people> 11/04/18

# Resources

Cancer Research UK (2008) Policy statement: Health inequalities in cancer and LGBT communities.

[http://info.cancerresearchuk.org/publicpolicy/ourpolicypositions/healthcancerinequalities\\_policy/health-and-cancer-inequalities](http://info.cancerresearchuk.org/publicpolicy/ourpolicypositions/healthcancerinequalities_policy/health-and-cancer-inequalities)

Age UK (2011) Transgender issues in later life.

[www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS16\\_Transgender\\_issues\\_in\\_later\\_life\\_fcs.pdf](http://www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS16_Transgender_issues_in_later_life_fcs.pdf)

“Hiding who I am” The reality of end of life care for LGBT people:

[www.mariecurie.org.uk](http://www.mariecurie.org.uk)

# Thank you for listening!



Any questions?